

## Number 6 September 2024 Groups & Activities

MON	TUES DROP IN: 1-7PM	WED	THUR DROP IN: 1-7PM	FRI DROP IN: 1-5PM	SAT	SUN
<b>Colour Key:</b> Blue: at 24 Hill St Green: at 22 Hill St Orange: Online Red: Out & About Purple: Borders	<b>Abbreviations:</b> <b>GASP:</b> Gender Affirming Sports & Physical Activity. <b>TEam:</b> Trans, Enby & More	<b>Abbreviations:</b> <b>TTRPG:</b> Table Top Role Play Gaming. <b>YFN:</b> Yarn, Fibre & Needlecraft.				1 Alpaca Gala Day (Karina)
2 2 - 3.30 Women's Group 1 (25s-35s) 6.30 - 8pm Peer Group 2	3 2 – Culture Club (over-40s) 12-1.30 Parents Group 1 5.30 - 7 Young Women's Peer (16-24s) 6-7.30 Spanish Peer	4 1 - 3 Gaming Group 2.30 – 3.30 Art Group 4.30 – 5 Tai Chi 4-5.30 Peer Group 4	5 11 - 12.30 Creative Writing 1 1 - 3 Girls Group 2 - 4 Thursday Group 2 - 3.30 Women's Group 3 (over-50s) 4 - 5 Wellbeing Group 5.30 - 7 Polish Peer 4 - 7pm End of Summer Party	6 11 - 1 YFN 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Cyber-punk & One Shots)	7 Cinema (Maff) 12 - 4 Drop-in (Louisa) 1 - 3 Tech Club 2.30 - 4.30 Queer Book Group	8
9 11 - 12.30 Women's Group 2 (over 35's) 5.30 - 7pm Peer Group 1	10 12-1.30 Parents Group 2 5.30 - 7.30 Gaming Group	11 1 - 1.30 Relaxation 1 - 3 TEam 4 – 5.30 Peer Group 3 4.30 - 5 Tai Chi	12 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30 - 7 Peer Group 5	13 11 - 1 YFN 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Board Games)	14 10am Forth Road Bridge Walk (Graeme) 1.30-3.30 Queer Singing Group	15
16 2 - 3.30 Women's Group 1 (25s-35s) 6.30 - 8pm Peer Group 2	17 12-1.30 Parents Group 1 5.30 - 7 Young Women's Peer (16-24s) 6-7.30 Spanish Peer	18 1 - 3 GASP (walk) 2.30 – 3.30 Art Group 4.30 - 5 Tai Chi 4.30 - Football 4-5.30 Peer Group 4	19 11 - 12.30 Creative Writing 2 1 - 3 Girls Group 2 – Culture Club (over-40s) 2 - 4 Thursday Group 4 - 5 Wellbeing Group 5.30 - 7.30 Board Gaming Group	20 11 - 1 YFN 1 - 2 History Group 3 - 5 Young Men's Peer 4.30 - 7.30 TTRPG (Tails of Equestria)	21 1.30-4.30 TTRPG (Lost Mines)	22
23 11 - 12.30 Women's Group 2 (over 35's) 1 - 3 Quiz (FB Live) 5.30 - 7pm Peer Group 1	24 12 – Gourmet (Ragu) 12-1.30 Parents Group 2 1.30 - 2.30 Book Group 5.30 - 7.30 Gaming Group	25 1 - 1.30 Relaxation 1-3 TEam 4 – 5.30 Peer Group 3 4.30 - 5 Tai Chi	26 2 - 4 Thursday Group 4 - 5 Wellbeing Group 6 - 7.30 Peer Group 6 Curry Club (details TBC)	27 11 - 1 YFN 1 - 4 Pool Group (Morningside Ballroom) 3 - 4.30 Art Group 4.30 - 7.30 TTRPG (Ravenloft)	28 11am Lothian Buses Open Doors Day (Maff) 11am Calton Hill (Zaid) 1.30 - 3.30 Queer Singing Group 2 - 4 Borders Group	29
30 6.30 - 8pm Peer Group 2						

Please note that you must register with Number 6 before being able to attend any groups & activities. For more info about registering, please email: [number6@aiscotland.org.uk](mailto:number6@aiscotland.org.uk) or call 0131 526 3176

<b>Group/activity</b>	<b>Group Descriptions</b>
<b>Art Group</b>	Meets online via Skype on the first and third Wednesday of the month from 2.30-3.30pm and in person at Number 6 on the second and fourth Friday of the month from 3-4.30pm. For more information about the Skype group please contact Ashley: <a href="mailto:ashley.mclennan@aiscotland.org.uk">ashley.mclennan@aiscotland.org.uk</a> and for information about the in-person group contact Zaid: <a href="mailto:zaid.al-nayazi@aiscotland.org.uk">zaid.al-nayazi@aiscotland.org.uk</a>
<b>Board Gaming Group</b>	We are now running a monthly board gaming group on the <b>third Thursday of the month</b> from 5.30-7.30pm. We'll be playing different, classic, board games each month. Please email Louisa for more information: <a href="mailto:louisa.dawson@aiscotland.org.uk">louisa.dawson@aiscotland.org.uk</a>
<b>Book Group</b>	Meets from 1.30-2.30pm on the 4 <sup>th</sup> Tuesday of every month in the Peer Room at 22 Hill Street. We choose a book to read each month, discuss that book during the group and then spend a bit of time considering the book for the next group. The group is currently full, but if you are interested in joining, then let Matthew know <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a> as there may be remote options.
<b>Borders Group</b>	<b>This is a closed group for people living in the Borders.</b> Ashley & Charlotte alternate the running of this group. For more information about this month's meeting on Saturday 28 <sup>th</sup> (2-4pm), please email Charlotte: <a href="mailto:charlotte.dudley@aiscotland.org.uk">charlotte.dudley@aiscotland.org.uk</a>
<b>Bus Group</b>	A group for people who like buses & enjoy bus journeys. This month, we'll be going to the Lothian Buses Open Doors Day on Sat 28 <sup>th</sup> Sept. Please email Maff for more information: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b>Cinema Group</b>	We organise a monthly Saturday trip to the cinema. <b>Further information available in the 'weekend' section.</b>
<b>Creative Writing</b>	We run two separate, monthly groups (on the 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday from 11am to 12.30). During the session, Karina leads one or two short writing exercises using prompts to come up with poems, prose and short stories. Participants read out their work if they feel comfortable doing so. Both groups are currently full, but if you'd like to be added to the waiting list, please email: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b>Culture Club (over-40s)</b>	A monthly meet-up for anyone over 40 who is interested in cultural outings & events. This month we have two outings organised: <b>Tuesday 3<sup>rd</sup> September at 2pm</b> - The Georgian House, Charlotte Square. Entry is £10 (concessions) or free if you are a member of National Trust Scotland. Meet outside the building just before 2pm or meet at 22 Hill Street at 1:50 to walk there. The temporary Allan Ramsay exhibition is still on in the building. Optional cuppa afterwards. <b>Thursday 19<sup>th</sup> September at 2pm</b> – The Talbot Rice Gallery, Old College, South Bridge. There is a huge free exhibition, a retrospective of works by the Ghanaian artist El Anatsui. Here is a link to the webpage - <a href="https://www.trg.ed.ac.uk/exhibition/el-anatsui-scottish-mission-book-depot-keta">https://www.trg.ed.ac.uk/exhibition/el-anatsui-scottish-mission-book-depot-keta</a> Tim will be walking there from 22 Hill Street at 1:30. Afterwards we can go for a cuppa nearby – plenty of cafes including the one in the museum nearby. Please email Tim if you are interested in either event: <a href="mailto:tim.hather@aiscotland.org.uk">tim.hather@aiscotland.org.uk</a>
<b>Curry Club</b>	A group for people who love curry ☺ This month's Curry Club will be on Thursday 26 <sup>th</sup> September, time and venue TBC. <b>Please email Andy at least one week before</b> if you are interested in coming as spaces are limited: <a href="mailto:andrew.horseman@aiscotland.org.uk">andrew.horseman@aiscotland.org.uk</a>
<b>Drop-ins</b>	<b>We are open for drop-in on the following days &amp; times: Tuesdays 1-7pm; Thursdays 1-7pm; Fridays 1-5pm, and the first Saturday of the month from 12 noon to 4pm.</b> Anyone registered with Number 6 is welcome to come along to the building to use the computer room, pool room and any meeting rooms that are available. Tea & coffee is available.
<b>Football</b>	We meet on the third Wednesday of the month at World of Football, Corn Exchange. Meet outside the pitches at 4:20pm, for a 4:30pm start. Please email Ant for more information: <a href="mailto:Anthony.shek@aiscotland.org.uk">Anthony.shek@aiscotland.org.uk</a>
<b>Gaming Group</b>	An opportunity to try out computer games with other gamers, this group meets on the second and fourth Tuesday of the month from 5.30-7.30pm at 24 Hill Street and the first Wednesday of the month from 1-3pm. Please email Sarah if you're interested in coming along: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>

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<b>GASP (Gender Affirming Sports &amp; Physical Activity)</b>	Are you Trans/Non-binary/Genderqueer? Like sports but dysphoria gets in the way? This might be the group for you. We meet on the third Wednesday of the month and try out a different sporting activity. This month we'll be going for a walk. For more info, please email: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>Girls Group</b>	Meets at 24 Hill Street on the first and third Thursday from 1-3pm. The group provides the opportunity to chat with other autistic women, take part in activities and to build companionship. For more information, please contact Kim for more info: <a href="mailto:kim.maxwell@aiscotland.org.uk">kim.maxwell@aiscotland.org.uk</a>
<b>Gourmet Club</b>	A monthly lunch club where we try out different eating establishments. This month we'll be going to Ragu, George Street on Tuesday 24 <sup>th</sup> September, meeting at 24 Hill Street at 12 noon. Please email Kim for more information: <a href="mailto:kim.maxwell@aiscotland.org.uk">kim.maxwell@aiscotland.org.uk</a>
<b>History Group</b>	We meet on the third Friday of the month from 1-2pm and discuss different historical events. Please email Matthew if you would like to be added to the waiting list: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b>Late Diagnosis Group (LDG)</b>	<b>Late Diagnosis Group</b> – A 7 week post-diagnostic course for newly-diagnosed people who would like to enhance their understanding of autism. Please email <a href="mailto:number6@aiscotland.org.uk">number6@aiscotland.org.uk</a> and request the LDG calendar which lists the 16 course options (we run courses specifically for women, minority gender people and under-25s). Please note that there is usually a waiting list for LDG which may be up to a few months long.
<b>Parents Group</b>	We run two in-person groups fortnightly on Tuesdays from 12 to 1.30pm. These groups provide the opportunity to meet other autistic parents in a relaxed environment and share the ups and downs of being a parent. There is no requirement for your child to be autistic just that you are a parent. Please contact Sarah if you would like to come along: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>Peer Support Groups</b>	We run 13 peer support groups. Peer groups are suitable for individuals who enjoy group conversations on topics that emerge organically on the day of the group. Due to spaces being very limited, it is only possible to sign up to <b>one peer group</b> . We also recommend that newly-diagnosed people attend the <b>Late Diagnosis Group</b> before joining a peer group. Please contact individual staff facilitators if you are interested in joining a group and they will let you know if there is space. <b>Peer 1</b> – Alternate Mondays 5.30-7pm (for men over 30) <a href="mailto:stewart.campbell@aiscotland.org.uk">stewart.campbell@aiscotland.org.uk</a> <b>Peer 2</b> – Alternate Mondays 6.30-8pm (for men over 30): <a href="mailto:stewart.campbell@aiscotland.org.uk">stewart.campbell@aiscotland.org.uk</a> <b>Peer 3</b> – Alternate Wednesdays 4-5.30pm (for anyone over 40) <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a> <b>Peer 4</b> – self-led, closed group (no spaces) <b>Peer 5</b> – Second Thursday of the month, 5.30-7pm (for men in their 20s & 30s): <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a> <b>Peer 6</b> – Last Thursday of the month, 6-7.30pm (for anyone) <a href="mailto:Louisa.dawson@aiscotland.org.uk">Louisa.dawson@aiscotland.org.uk</a> <b>Young Women's Peer</b> – First & Third Tuesday, 5.30-7pm (for women & non-binary people aged 16-24) <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a> <b>Young Men's Peer</b> – First & Third Friday, 3-5pm (for men aged 16-24) <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a> <b>Women's Group 1</b> (for women & non-binary people aged 25-40) First & third Monday of the month, 2-3.30pm. Full but contact Karina to be added to the waiting list: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a> <b>Women's Group 2</b> (for women & non-binary people over 35) Second & fourth Monday of the month, 11am – 12.30 <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a> <b>Women's Group 3</b> (for women & non-binary people over 50) First Thursday of the month, 2-3.30pm. <a href="mailto:Louisa.dawson@aiscotland.org.uk">Louisa.dawson@aiscotland.org.uk</a> <b>Polish Peer</b> : First Thursday of the month, 5.30-7pm. For Polish individuals diagnosed by Number 6. This group is self-led but please contact Maff for more info: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a> <b>Spanish Peer</b> : Meets every other Tuesday evening from 5-7pm. Please email Maff if you'd like to join: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b>Pool Group</b>	We run a pool group at Morningside Ballroom on the 4 <sup>th</sup> Friday of the month from 1-4pm. Please email Scott if you would like to come along: <a href="mailto:scott.wright@aiscotland.org.uk">scott.wright@aiscotland.org.uk</a>

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<b>Queer Book Group</b>	Are you LGBT+, like reading, want to read more and have a space to talk about what you're reading? We now run a queer focused monthly book group. We meet on the first Saturday from 2.30-4.30pm. This month we're reading the <i>Heartstopper</i> series by Alice Oseman. Please email Sarah if you're interested in coming along: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>Queer Singing Group</b>	Like singing? Want to try singing in a group? Just want to have fun and maybe learn some new songs? Want to extend your vocal range? This might be the group for you. We now run a singing group for our LGBTQ+ service users. It's not always easy finding a space to sing that doesn't divide people into men's and women's voices this group aims to be as inclusive as possible – we are also aware that hormone therapy can change your voice and that people may be learning how to speak (and sing) in a new vocal range – because of this we will encourage you to sing in the range that feels best for you. This is a beginner's friendly, non-performing group, we'll be coming together to have fun, sing songs and make music together. Meets on the second & fourth Saturday of the month from 1.30-3.30pm. For more information, please Sarah: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>Quiz (online)</b>	Hosted through a closed group on Facebook on the fourth Monday of the month from 1pm to 3pm, each quiz consists of 5 rounds containing 10 questions. Subjects for quiz rounds have been, but are not limited to, General Knowledge, Geography, Nature and the Natural World, Food and Drink, Picture Rounds, Sci-fi and 80's pop. In order to take part you will need a Facebook account and have contacted a member of staff to be added to the closed Facebook Quiz Group – from there you can watch the quiz live. For more info, please contact Stew: <a href="mailto:stewart.campbell@aiscotland.org.uk">stewart.campbell@aiscotland.org.uk</a>
<b>Relaxation Group (online)</b>	Ashley runs an online relaxation session on the second and fourth Wednesday of the month from 1-1.30pm. This takes place through our closed Facebook Group *'The Virtual Drop-in'. For more information about joining the sessions, please email: <a href="mailto:Ashley.mclennan@aiscotland.org.uk">Ashley.mclennan@aiscotland.org.uk</a>
<b>Tai Chi (online)</b>	Wednesdays at 4.30pm on Zoom. This 30 minute session comprises of warm up and warm down stretches, breathing exercises and a set of Tai Chi moves to combine breathing and movement. For more info, please contact Andy: <a href="mailto:andrew.horseman@aiscotland.org.uk">andrew.horseman@aiscotland.org.uk</a>
<b>TEam (Trans, Enby and More)</b>	Meets on the second and fourth Wednesday of the month from 1-3pm at 24 Hill Street. This is a group for trans and non-binary people, as well as anyone questioning their gender. Please email Sarah if you're interested in coming along: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>Tech Club</b>	A space for anyone who is interested in computers/geeky/techy stuff to meet others with similar interests. The club meets at 24 Hill Street on the first Saturday of the month from 1-3pm and is led by volunteers who are experienced in coding, electronics & software & hardware repair. For more information, please email: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b>Thursday Group</b>	<b>This discussion group is currently closed.</b>
<b>TTRPG</b>	Table-top-role-playing gaming. Our five groups are currently full, however, if you would like to be added to the waiting list, please email: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
<b>*Virtual Drop-in (Facebook)</b>	We have created a virtual social drop-in on Facebook for anyone who is registered with Number 6. This is a closed group where service users can chat to each other, share tips on how to stay well and generally stay in touch. This is a closed group so please contact Karina to request an invite: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b>Wellbeing Group (16-24's)</b>	A 6-session course for individuals aged 16-24. This course explores topics related to Health & Wellbeing, including: Sleep Hygiene, Motivation & Emotional Regulation. Thursdays 4-5pm. Please contact Ashley for more information: <a href="mailto:ashley.mclennan@aiscotland.org.uk">ashley.mclennan@aiscotland.org.uk</a>

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<b>Yarn, Fibre &amp; Needlecraft (YFN)</b>	Meets every Friday 11am- 1pm at 24 Hill Street. This group provides a space to meet, work on fibre crafts, and chat about life the universe and everything. Suitable for anyone with an interest in fibre crafting. Some skills help but are not necessary although for the time being we are only working on our own projects so owning equipment is currently a must. Please email Sarah for more info: <a href="mailto:sarah.gardiner@aiscotland.org.uk">sarah.gardiner@aiscotland.org.uk</a>
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## Weekend Activities

<b>Date</b>	<b>Description</b>
<b><u>Sunday 1<sup>st</sup> September</u></b> <b>Alpaca Gala Day, Bonaly (Karina)</b>	A small group of us will be heading to the Alpaca Gala Day at Bobcat Alpacas in Bonaly, Edinburgh. For more information about the Gala Day, please check this link: <a href="https://www.eventbrite.co.uk/e/alpaca-gala-day-at-bobcat-alpacas-1-september-2024-tickets-948894708617">https://www.eventbrite.co.uk/e/alpaca-gala-day-at-bobcat-alpacas-1-september-2024-tickets-948894708617</a> You will need to book your own ticket (£4) via Eventbrite for the 1pm slot. You can either meet Karina at Number 6 at 11.45am and take the bus up or meet there at 1pm. We'll stay at the Gala Day for approx. 1-2 hours. Please email Karina for more info: <a href="mailto:karina.williams@aiscotland.org.uk">karina.williams@aiscotland.org.uk</a>
<b><u>Saturday 7<sup>th</sup> September</u></b> <b>Drop-in 12 noon to 4pm (Louisa)</b>  <b>Tech Club 1-3pm</b>  <b>Cinema Group (Maff)</b>	<b>Drop-in:</b> Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 11am and 3pm. You're welcome to use the Computer Room, Pool Room and all of the other meeting rooms will be available to hang out in. The kitchen will be open for people to make themselves a tea and coffee. We do not provide lunch but you're welcome to bring your own. <b>Tech Club:</b> See description on page 4.  <b>Cinema Group:</b> We'll be going to see <b>Beetlejuice Beetlejuice</b> at Cineworld, Fountain Park on Saturday 7 <sup>th</sup> September at 11:50am (Screen 3). We recommend booking your seat in advance. Maff's seat is F3 if you would like to sit near him. You can either meet him at 24 Hill Street at 11:10am, or outside Fountain Park at 11:40am. Please email him if you'd like to come along: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a>
<b><u>Saturday 14<sup>th</sup> Sept</u></b> <b>Forth Road Bridge Walk (Graeme)</b> <b>10am onwards.</b>	We'll be leaving Number 6 at 10am to get the bus from Princes Street out to South Queensferry. We will walk across the road bridge to Fife, taking in views of The Forth Estuary, the Rail Bridge and the Queensferry Crossing. There will then be the option to either return to Edinburgh by train from North Queensferry, or walk back across the Road Bridge to South Queensferry and return to Edinburgh by bus. Please email Graeme if you'd like to come along: <a href="mailto:Graeme.syme@aiscotland.org.uk">Graeme.syme@aiscotland.org.uk</a>
<b><u>Saturday 28<sup>th</sup> Sept</u></b> <b>Lothian Buses Open Doors Day (Maff)</b> <b>11am onwards.</b>  <b>Calton Hill</b> <b>11am onwards (Zaid)</b>	<b>Lothian Buses Open Day:</b> We'll be meeting at Number 6 at 11am and heading to Marine Terminal for Lothian Buses Doors Open Day. Please email Maff for more info: <a href="mailto:matthew.day@aiscotland.org.uk">matthew.day@aiscotland.org.uk</a> . Further info can be found here: <a href="https://www.lothianbuses.com/news/2024/07/lothians-doors-open-day-2024/">https://www.lothianbuses.com/news/2024/07/lothians-doors-open-day-2024/</a>  <b>Calton Hill:</b> Zaid will be taking a group for a walk up Calton Hill & an optional tea/coffee in a coffee shop afterwards. Please meet him at Number 6 at 11am and email him in advance to let him know if you plan on coming along: <a href="mailto:zaid.al-nayazi@aiscotland.org.uk">zaid.al-nayazi@aiscotland.org.uk</a>

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